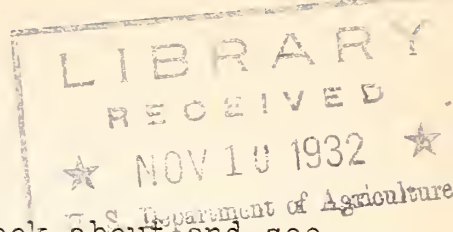


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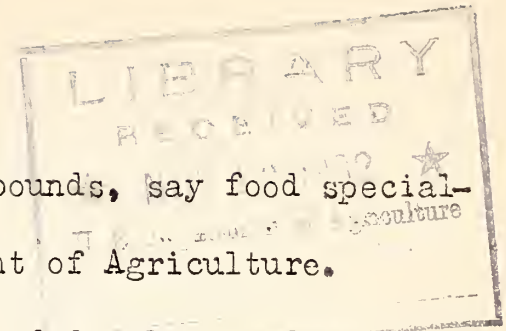
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MEET THE CABBAGE FAMILY



The next time you are in a vegetable market, you might look about and see how many members of the cabbage family are present. It depends on the season, of course. Brussels sprouts only appear from September to January. Cabbage sprouts come in the fall after the main heads have been cut off. Broccoli, also, is in season during the fall and winter. Cauliflower appears on the market late in summer or early in the fall and keeps coming from different sections of the country all winter. But hard-headed white cabbage is the most plentiful year-round member of this family. Yes, cauliflower, broccoli, and cabbage, and kale, kohlrabi, and collards are all cousins with the same family name of Brassica. There are two Chinese cousins, which can be met occasionally in large city markets-- petsai and pakchoi.

Some of these members of the same family are considered very aristocratic, and others quite plebeian. Unfortunately for their pretensions, however, nutritionists say that this fancied superiority of some kinds is not a matter of either food value or flavor, but is largely governed by the length of season, amount grown, and association with a high price or scarcity at some time or other. For instance, a few years ago broccoli was almost unknown in America, although a common favorite in Italy and France. A pound bunch of broccoli sold here for about sixty cents. Growers planted broccoli extensively, and now in the large city market one can sometimes buy three pounds for about twenty cents. Ordinary green cabbage is the most desirable of all the Brassicas in respect to its vitamin C content, and to some ways of thinking, is the most delicate of all in flavor if properly cooked. So you can see what possibilities there are for menus at different cost levels, using one or another member of the cabbage family for a vegetable. Some good dinner menus are suggested at the end with this idea.



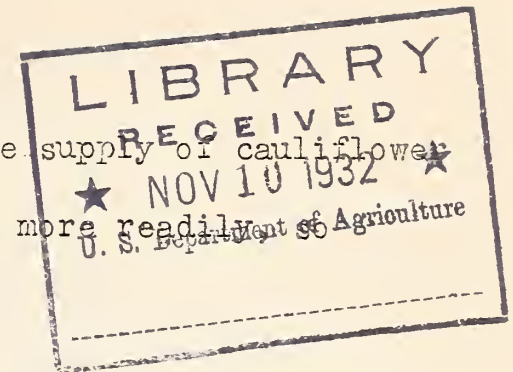
Practically all the "Brassicas" contain sulphur compounds, say food specialists of the Bureau of Home Economics of the U. S. Department of Agriculture.

When you boil cabbage too long and it turns reddish brown and develops a disagreeable flavor and odor, the sulphur compounds are asserting themselves. The same is true of yellowish brown Brussels sprouts or kale or any of the others. Overcooking also destroys the vitamins in all these vegetables, so there are at least two good reasons for cooking all members of the cabbage family the shortest possible time-- just enough to make them tender. If they are to be prepared by boiling, cook them in an excess of lightly salted water (except kale, which is cooked like spinach, in the water that clings to its leaves after washing and young cabbage which may be cooked in a small amount of water). Cook them uncovered to preserve their natural green color, and, strangely enough, you will not be nearly as troubled by the characteristic cabbage odor through the house as when the saucepan is covered and steam escapes from it. However, you can steam them if you prefer. Steaming takes slightly longer. Here are some details from Bureau of Home Economics specialists:

Cut broccoli into pieces suitable for individual servings and split the thick stalks lengthwise into strips. Buy $1\frac{1}{2}$ pounds for 5 people. Steam for 20 minutes or boil for 15. Lift the cooked broccoli carefully so as not to break the flower-heads. Serve with melted butter or Hollandaise sauce. Considered somewhat of a luxury, especially with the rich sauce.

A pound of Brussels sprouts will be enough for 5. Trim outer leaves and cut ends, and boil uncovered for about 10 minutes. Serve with melted butter or a white sauce. A short season keeps the price of Brussels sprouts fairly constant and a little high.

Cauliflower cooks most rapidly if the flowerets are separated, although some people like to keep the head whole. Ten to 11 minutes is enough for the



flowerets of a 2-pound head, either steamed or boiled. The supply of cauliflower is not nearly as great as cabbage and the heads spoil much more readily. Cauliflower is generally high-priced.

Cabbage of some kind is available the year around, and most of the varieties are relatively inexpensive. If quartered 1 pound of green or white cabbage can be steamed in 11 minutes, boiled in 8 to 10 minutes, and if shredded, the time is reduced to between 5 and 7 minutes. Curly or Savoy cabbage, which some people consider the most delicate in flavor, is cooked in the same ways, also the Chinese cabbages, collards, and cabbage sprouts. Red cabbage is an exception in that it requires some acid in the cooking water or it will change to an uninviting grayish lavender color. An apple is often cut up and cooked with red cabbage to help keep its fine color and give a pleasant flavor.

Kohlrabi, sometimes called "turnip-cabbage," is a peculiar looking vegetable which grows with its root above ground. It is only good when young, before the root becomes fibrous. Both root and leaves are used. Buy a pound and a half for 5 people, trim off the leaves and keep, and after peeling and slicing the root, boil all for 25-30 minutes.

Three menus at different cost levels are suggested, each using a member of the cabbage family:

- A. Roast chicken, Brussels sprouts or cauliflower, rice, ice cream, cake.
- B. Roast stuffed pork shoulder, browned white potatoes, red cabbage or broccoli with butter, fruit gelatin.
- C. Cold, sliced corned beef, kale, or five-minute cabbage, plain baked sweetpotatoes, apple brown betty.

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